

Dry Needling

mechanism

1. **Trigger Point Release:** Stimulating muscle knots to induce relaxation.
2. **Increased Blood Flow:** Enhancing circulation for better oxygen and nutrient delivery.
3. **Neuromuscular Effects:** Modulating pain signals through nervous system influence.
4. **Muscle Spasm Reduction:** Promoting muscle relaxation.
5. **Natural Healing Processes:** Triggering the body's repair mechanisms.

Ideal for Dry Needling:

- * Chronic pain sufferers
- * Sensitive muscles
- * "Hard massage" enthusiasts with limited results
- * Deep tissue muscle problems

A customised treatment plan will be discussed during your visit for optimal results.